SOEHNLE

Body Balance Slim Design FT 5

BEDIENUNGSANLEITUNG
OPERATING INSTRUCTIONS
MODE D' EMPLOI
INSTRUZIONI PER L'USO
GEBRUIKSAANWIJZING
INSTRUCCIONES DE MANEJO
MANUAL DE INSTRUCOES
BRUKSANVISNING
BRUGSANVISNING
KÄYTTÖOHJEET
KEZELESI UMUTATO
INSTRUKCJA OBSŁUGI
NÁVOD K POUŽITI
Руководство по обспуживанию
KULLAMA KILAVUZU
Οδηγίες χρήσης
NAVODILA ZA UPORABO
UPUTA ZA UPORABU

English

Introduction	26
Important information	26
Operating Elements	28
Preparation	28
Teaching	30
Body Analysis	32
Repeat Entry of Personal Data (TEACH)	33
Recall of Analysis Value (STATE)	34
Changing Personal Data (SET)	35
Delete Personal Data (DEL)	36
Trend Curve	37
Individual Recommendation	38
Important Information	43
Factors Influencing Maesurement Readings	44
Technical Specifications	44
Disposal of Old Electrical and Electronic Equipment	45
Messages	45
Disposal of Spent Batteries	45
Consumer service	46
Compliance Declaration	46
Warranty	46

Thank you for purchasing the Soehnle Body Analysis Scale.

This brand-name product will aid you in the evaluation of your body condition.

Please read this user manual prior to operating your body analysis scale and familiarize yourself with the device.

Please retain these user instructions so as to have this information on hand whenever it is needed.

Important information

Whether you would like to reduce your body weight because you are overweight or increase it if you are underweight, please contact a physician. Every treatment and diet programs require the advice of a physician.

Recommendations for fitness programs or diets based on calculated values should be obtained from a physician or other qualified person.

SOEHNLE is not liable for any damages or losses caused by the use of Body Balance or for Third Party claims.

This product is intended only for private use by the consumer. It is not suitable for professional operation in hospitals or medical institutions.

It is not suitable for persons with electronic implants (pace maker, etc.)

Only operate this body analysis scale on sturdy, level surfaces (tile, hardwood floor, etc.).
Carpets could cause erroneous measurements.

Weight is not everything - it all depends on the right body analyses

In the past, a person's absolute weight was the determining factor for evaluating one's body. But today, we know that it's all about the "composition". Evolution formed mankind as a living creature, which had to be very active while sustaining itself on a sparse diet.
"Modern" men and women, however, do the exact opposite: Sparse activity and a plentiful diet, often a "bad" diet. The consequences are known to all of us. Many diseases of civilization could be avoided if only we could program ourselves to maintain a healthy lifestyle.

Usually, we weigh too much because we have too much body fat! This means: If you want to loose weight, increase your muscle mass. During times when food is sparse (= diet), the human body reacts with an "emergency program":
Before using up its fat reserves, it uses muscle mass. And vice versa, when normal nutrition is resumed, it first adds further fat reserves, which results in the much feared "yoyo" effect.
With simultaneous muscle and fitness training you will be able to balance your weight, body fat and muscle mass.

The Body Balance will be a decisive contribution to your health. This electronic body analysis scale features the following functions:

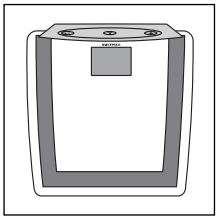
The Body Balance will determine your condition in regard to body fat and body water content, muscle mass and weight based on your personal data and the recommendations of health and body composition experts.

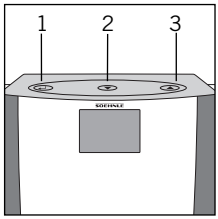
An individual evaluation of the analysis results with personal recommendations will be performed.

Display of a trend curve of body fat or body water content, muscle mass, energy consumption or weight, in daily, weekly or monthly steps and the respective average range.

Memory slots for 8 persons and automatic recognition of persons.

2 additional measurement modes are available for athletes.





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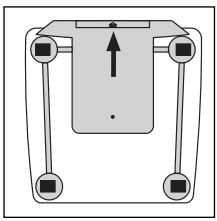

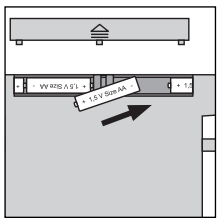

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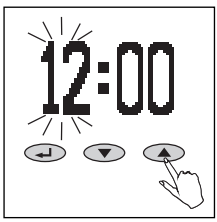

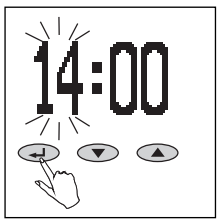

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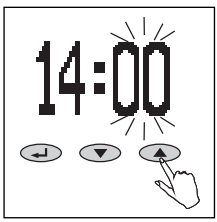
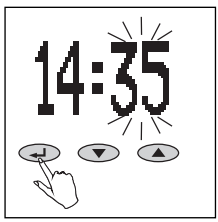




Operating Elements

1. Confirm (↵)
2. Minus (▼)
3. Plus (▲)

Preparation

1. Insert batteries.

   The time settings mode will open automatically.

2. Time: SET hours (▼ = minus, ▲ = plus) and confirm (↵).

3. Time: SET minutes (▼ = minus, ▲ = plus) and confirm (↵).

   Note:
   Immediately after inserting the batteries and setting the time (while "0.0" is still being displayed), place the body analysis scale on a level surface and wait until the scale powers down automatically. Then begin with data entry. Otherwise, it might be possible that the weight of the scale would erroneously be added to the initial weighting process. The same might occur if the scale is held in the hand prior to the weighing process.

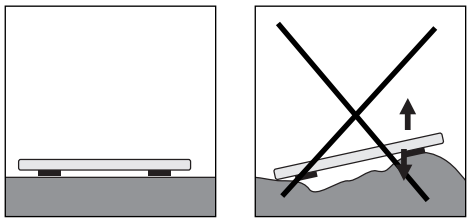
4. For all measurements: place scale level on a hard surface (not carpet).

5. Cleaning and care: clean only using slightly damp cloth. Do not use solvents or abrasives.
   Never submerge scale in water.

6. A country-specific option to switch from kg/cm to lb/in or st/in is possible by pushing the key on the bottom of the scale.

Attention! Slipping hazard if surface is wet.

4.



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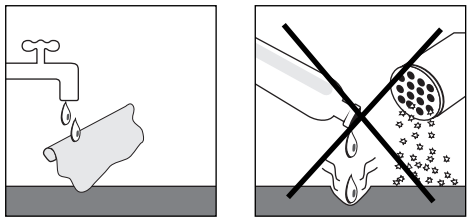

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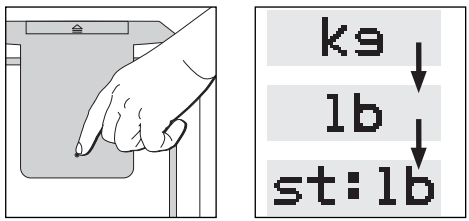

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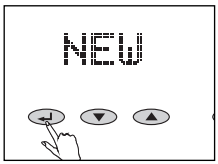

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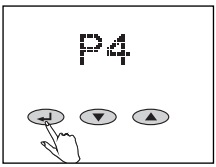

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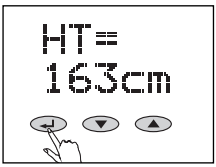

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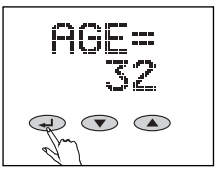

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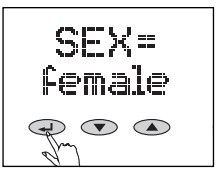

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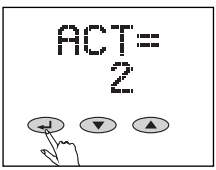


Teaching

It is necessary to enter personal data for each corresponding person and to step on the scale with bare feet immediately after data entry to ensure correct functionality of this body analysis scale.

1. Place scale on a table for programming.
2. Start data entry (↵) and select "NEW" using keys "▼" and "▲". Confirm using (↵).
3. Memory location (P1 ... P8) select **(**▼= minus, ▲ = plus**)** and confirm (↵).
4. Enter your height (▼= minus, ▲ = plus) and confirm (↵).
5. Enter your age (▼= minus, ▲ = plus) and confirm (↵).
6. Input your gender (▼ = male , ▲ = female) and confirm (↵).
7. Select desired value for the degree of activity (▼= minus, ▲ = plus). This value is essential to determine energy requirement.

Activity level

1	Little physical activity	Stand or move for max. 2 hours/day
2	Mild activity, either sitting or standing	
3	Work in house and garden, chiefly standing up, occasionally seated	
4*	Athletes and persons with a lot of physical activity	Min. 5 h/week of intensive training
5*	Competitive athlete, worker with heavy physical activity	Min.10 h/week of intensive training

* Intensive training significantly influences the results of the analysis. Therefore, this scale is equipped with two different modes for athletes. You can recognize the selected value based on the following symbols or .

8. Enter desired time period for trend display (day, week, months) (▼ = minus, ▲ = plus) and confirm (↵). We recommend to initially use a daily trend curve. Otherwise, the initial measurement value won't be displayed in the trend curve until one week or one month has passed.

9. Set desired body value (body weight, body fat/body water content, muscle mass, energy consumption) to be displayed as a trend curve (▼ = minus, ▲ = plus) and confirm using (↵).

10. Confirm "OK" using (↵).

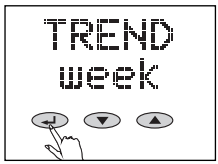
Following this, immediately place the body analysis scale on the floor, wait until the screen displays "0.0" and then step on the scale with bare feet.
The initial measurement is indispensable and serves to store the data and to automatically recognize persons at a later time. If no person steps on the scale, the screen will display "ERROR" and data entry must be repeated.

The first body analysis is performed after a person steps on the scale.

This scale is equipped with a Time-Out mode.
It will automatically switch off after approx. 40 seconds if no keys are pressed.

The data will remain stored even if the batteries are replaced.

8.



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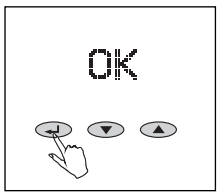
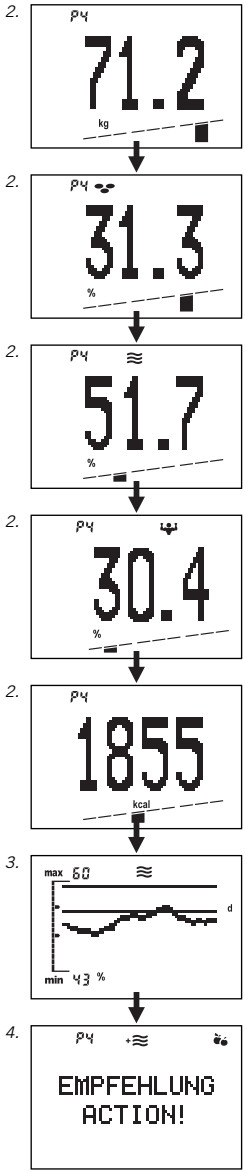




Body Analysis

For most precise results, please step on the scale while unclothed.

1. Step on scale. The weight and – for the duration of the analysis (5 to 10 seconds) - a moving bar indicator will be displayed. Please stand still until the analysis is complete.

2. After automatic recognition of persons, the body weight, body fat content (), body water content (), muscle mass () and energy consumption (kcal) is displayed along with the corresponding status bar. The respective person's average range of values is located in the median 3 segments of the bar indicator.Interpretation of measurement values: see page 38.

3. Following this, the trend curve will be displayed as selected during data entry.

4. Next, your personal action recommendations are displayed.

Meaning of symbols:

+ You should drink more fluids
+ Muscle growth training is recommended!
- Change of diet is recommended!
- Your analysis values are ok!

5. Step away from the scale. After display of your memory slot, the scale will switch off automatically.

In rare cases it is not possible to automatically allocate the analysis results. If this occurs, the scale will alternately display the memory slots of persons coming closest to the analysis result. Since weight measurement is already completed, you may now step off the scale and use the key "▼" (for the first memory slot displayed) or "▲" (for the second memory slot displayed) to select your individual memory slot. Following this, body weight, body fat and body water content, muscle mass, as well as energy consumption is displayed.

In case of weight differences of more than +/- 3 kg compared to the last measurement (e.g. after a vacation), the user will not be recognized or will be allocated to a wrong memory slot. In this case, proceed as described in "Repeat Entry of Personal Data (TEACH)".

Note that you will only obtain a weight reading – and no body monitoring data – if you step on the scale with your shoes or socks on!

Repeat Entry of Personal Data (TEACH)

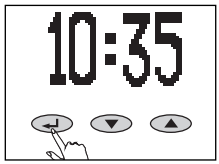
If the user cannot be recognized automatically or if the user is allocated to a wrong memory slot, please proceed as follows:

1. Start data entry (↵).
2. Select corresponding memory slot (P1... P8) using keys ▼/▲ and confirm using (↵).
3. Select "TEACH" using ▼/▲ keys and confirm using (↵).

Now, immediately place the body analysis scale on the floor, wait until the screen displays "0.0" and then step on the scale with bare feet.

The body analysis is performed after the person steps on the scale. The user is again allocated to his or her previous memory slot and will again be recognized automatically.

1.



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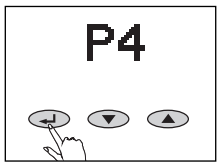

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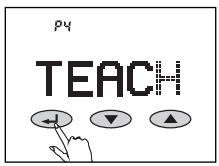

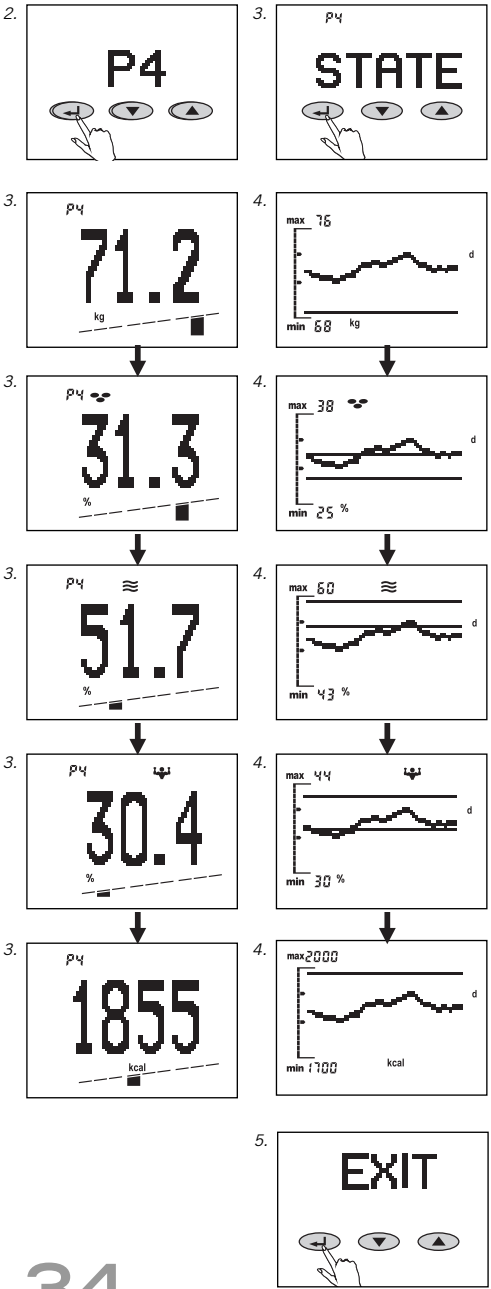

Recall of Analysis Value (STATE)

If required, the last analysis values of recognized persons can be
recalled.

1. Start recall (↵).

2. Select memory slot (P1 ... P8) using keys ▼/▲ and confirm using (↵).

3. Confirm "STATE" using (↵). You can now select previous analysis values using the keys ▼/▲.

4. Push the key " ↵ " once more to recall the trend curves. Use ▼/▲ keys to alternate between individual trend curves. Push the key " ↵ " one more time to recall the personal action recommendations of your last analysis.

5. Repeat use of the key " ↵ " will allow the user to select various levels of the display menu.

   Use "EXIT" or "OFF" and confirm using key " ↵ " to enter the respective next level.

   The display will shut down if no keys are pushed for one minute.

Changing Personal Data (SET)

For example:
- If the age of a child increases by 1 (birthday),
- The body height changes (children in a growing period),
- The activity level increases, or
- The trend display is to be changed.

Please proceed as follows:

1. Start data entry (↵).

2. Select memory slot (P1 ... P8) using keys ▼/▲ and confirm using (↵).

3. Select "Set" using keys ▼/▲ and confirm using (↵).

   It is now possible to change the desired data as described in "Data Entry".

4. After confirming with "OK", your new data is stored. Starting with the next analysis, the changed data will be used.

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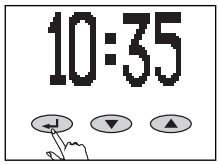

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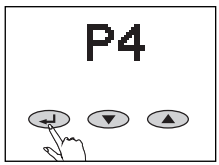

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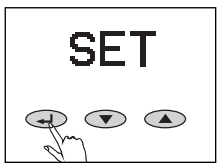

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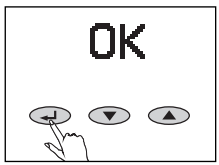

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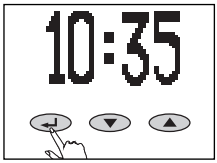

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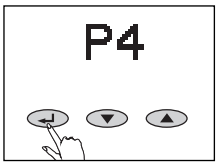

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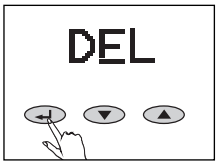
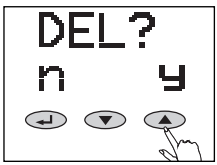




Delete Personal Data (DEL)

If the data of one person – combined with the trend curves – is to be deleted completely, please proceed as follows:

1. Start data entry (↵).

2. Select memory slot (P1 ... P8) using keys ▼/▲ and confirm using (↵).

3. Select "DEL" using keys ▼/▲ and confirm using (↵).
   A security question will appear.
   Push the key "▲" to delete all data of this person.

   The memory slot can be re-programmed.

   Use the key "▼" to exit the deletion process, the data will remain stored.

Trend Curve

Please weigh yourself regularly so that the trend curve will be display a precise trend.

The trend curve can display up to 60 values, subject to a corresponding number of measurements.

In case of several measurements daily, one single median value is stored.The weekly median value is determined based on 7 daily values.

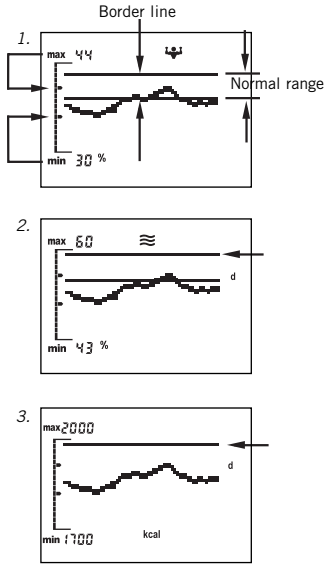
The monthly median value is determined based on 30 daily values.

The value displayed after "max" and "min" is the maximum or minimum value of the curve – rounded up or down to the next whole number.

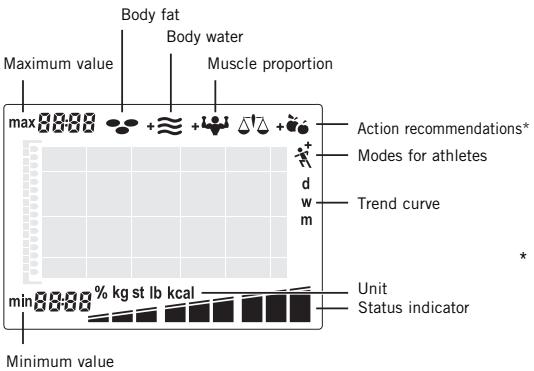
1. The calculated average range for the respective person will be displayed in the trend curve in the area between the boundary lines.

2. If a boundary line of the average value is positioned outside of the display range – in relation to the trend curve – the corresponding boundary line is displayed on the edge of the screen.

3. 4. If only one line is displayed on the top or bottom, this means that the total curve is above or below the average range.



The display symbols of your analysis scale



* Meaning of symbols for action recommendations:

+ ≋ You should drink more fluids!

+ Muscle growth training is recommended!

Diet change is recommended!

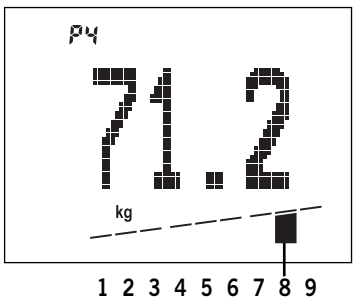
Your analysis values are ok!

Individual Recommendation

This body analysis scale determines your individual ideal condition in regards to weight and body fat content, based on your personal data and recommendations by health experts.

It also determined your total body water content and muscle mass.
Please remember that muscles also contain body water, which is already calculated in the body water analysis. Therefore, the total result will always exceed 100%.

BMI	
1	< - 7,5
2	- 7,5
3	- 5,0
4	- 2,5
5	0,0
6	+ 2,5
7	+ 5,0
8	+ 7,5
9	> + 7,5



Difference compared with your individual standard value

Body Weight

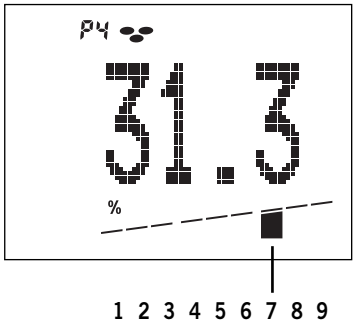
Whilst the body weight is shown in the display in kg, one of the 9 segments is shown in the bar below it. Here the position of the active segment indicates the assessment of the body weight mentioned on the basis of the BMI figure. The BMI (Body Mass Index) is a measure for the health risk resulting from overweight or underweight.

On the basis of categorisation of the BMI, doctors distinguish between "underweight", "normal weight", "overweight" and "obese".

$$BMI = \frac{\text{body weight (kg)}}{\text{height (m)}^2}$$

Proportion of Body Fat

Whilst the proportion of body fat in % is shown in the display, one of the 9 segments appears in the bar below it. Too much body fat is unhealthy and does not look nice. What is more important is that a high proportion of body fat is also usually associated with a raised proportion of fat in the blood and this increases greatly the risk of various illnesses such as for instance diabetes, heart disease, high blood pressure etc. But a very low proportion of body fat is equally unhealthy.
Apart from the fatty tissue under the skin, the body also stores important fat deposits for the protection of the internal organs and to ensure important metabolic functions. If this essential fat reserve is compromised, this can lead to metabolic disturbance.
So for instance in women with body fat figures of under 10%, menstruation may cease. In addition, the risk of osteoporosis increases.
The normal proportion of body fat is dependent on age and above all on sex.
In women the normal figure is about 10% higher than in men. With increasing age the body loses muscle mass and so the proportion of body fat increases.

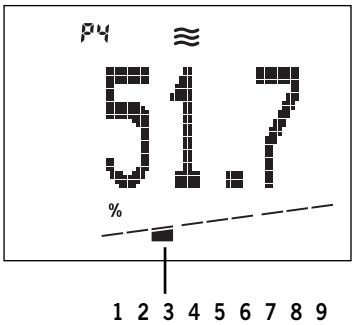


Difference compared with your individual standard value

1	< - 12 %		very low proportion of fat
2	- 12 %		low proportion of fat
3	- 7 %		
4	- 3 %		normal proportion of fat
5	0 %		
6	+ 3 %		
7	+ 7 %		high proportion of fat
8	+ 12 %		
9	> + 12 %		very high proportion of fat

Example:
Actual body fat proportion calculated = 31.3 % of total weight.

This value is about 7 % above the calculated individual standard value.



Difference compared with your individual standard value

1	< -	6 %	very low proportion of water
2	-	6 %	low proportion of water
3	-	4 %	
4	-	2 %	normal proportion of water
5		0 %	
6	+	2 %	
7	+	4 %	high proportion of water
8	+	6 %	
9	> +	6 %	

Example:
Calculated actual proportion of water in the body = 51.7 % of total weight.

This value is about 4 % below the calculated individual standard value.

Proportion of Body Water

Whilst the proportion of water in the body in % is shown in the display, one of the 9 segments appears in the bar below it.

The figure shown in this analysis reflects the "total body water" (TBW). The body of an adult is composed of about 60% water. Here there is of course a certain range, with older people showing a lower proportion of water than younger people and men showing a higher proportion than women.

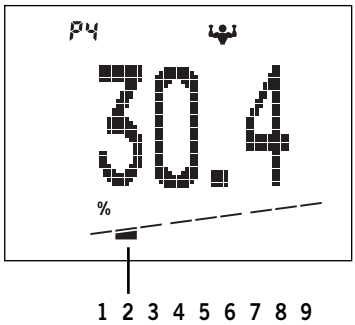
The distinction between men and women is a result of the higher mass of body fat in women. Since the majority of the body's water is to be found in the fat-free mass (73% of the FFM is water) and since the water content in the fat is very low by its nature (about10% of the fatty tissue is water), the proportion of body fat automatically decreases with an increasing proportion of water in the body.

Proportion of Muscle

Whilst the proportion of muscle in % is shown in the display, one of the 9 segments appears in the bar below it.

The muscle mass is the engine of our bodies. Most of our energy conversion takes place in our muscles. The muscles take care of the maintenance of body temperature and they are the basis of our bodily performance. An exercised, muscular body is seen as aesthetically pleasing.

A check of the muscle mass is particularly important for people with weight and fat problems. Since the body needs muscles to reduce excess energy reserves or folds of fat, longterm weight reduction can only

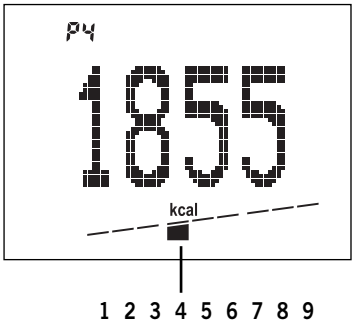


Difference compared with your individual standard value

1	< -	6	%	very low proportion of muscle
2	-	6	%	low proportion of muscle
3	-	4	%	
4	-	2	%	normal proportion of muscle
5		0	%	
6	+	2	%	
7	+	4	%	high proportion of muscle
8	+	6	%	
9	> +	6	%	

Example:
Actual proportion of muscle calculated = 30.4 % of total body weight.

This value is about 6 % below the calculated individual standard value.



Difference compared with your individual standard value

1	< - 15 %	very low energy consumption
2	- 15 %	low energy consumption
3	- 10 %	
4	- 5 %	normal energy consumption
5	0 %	
6	+ 5 %	
7	+ 10 %	high energy consumption
8	+ 15 %	
9	> + 15 %	

Example:
Energy consumption measured = 1,855 kcal.

This value is 5% below the calculated normal level of energy consumption.

Energy Consumption

While energy consumption is shown in the display in kcal, one of the 9 segments appears in the graphics panel below.

Energy consumption is calculated from the personal data – corrected by a factor for the relevant activity type - and the distribution of body mass measured.

Basic rate
+ performance rate
= energy consumption.

If you take in fewer kilocalories than your individual energy consumption, then your body will react by losing weight. Your weight will increase if you take in more calories.

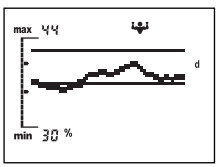
Important Information

How to measure correctly?

The measurement process should be performed unclothed, if possible, and barefoot. It is recommended to perform the measurements under similar conditions and at the same time of day (e.g. in the morning, sober).

How often should measurements be performed with Soehnle body analysis scales?

Actually, that is up to you. However, we recommend always measuring at the same time under the same conditions, once a day. The daily routine, eating and drinking habits, but also your lifestyle, influence the water content of your body. When using body analysis scales, this can affect deviations in the display. The scale stores the median value.



Is it possible to recognize a change in the percentage of body mass contents on the first day?

It is possible for the body analysis scale to display deviating values. This is caused by the changing water content of your body throughout the day and the fact that your body's own values change depending on stress.

Will stored trend curves be lost if the data of one memory slot is changed?

No. Only, if the data is deleted.

Can external influences impact the measurement values?

Extreme electromagnetic influences, e.g. operating a radio transmitter in the immediate proximity of the device, can influence the measurement results.
After removal of the influence, the product will be fully functional again.
However, it might be necessary to switch the device off and back on.

How are trend curves created?

Daily trend curve (day) means:
The daily median values of the last 60 days will be displayed. The last value will always be added to the right side.

Weekly curves (week) means:
A weekly median value will be determined based on 7 daily median values. Therefore, the first weekly median value can be displayed only after one week*.
The last 60 weekly median values will be displayed.

Monthly curve (monthly) means:
A monthly median value will be determined based on 30 daily median values.
Therefore, the first monthly median value can be displayed only after one month*. Up to 60 monthly median values can be displayed.

* We therefore recommend to select a daily trend initially.

Factors Influencing Maesurement Readings

Analysis is based on the measurement of the body's electrical resistance. Eating and drinking habits during the course of the day and individual lifestyle affect the water balance. This is noticeable by the fluctuations in the display.

In order to ensure that the results of analysis are a accurate and consistent as possible, keep the measurement conditions constant, as only in this way will you be able to observe changes over an extended period.

Other factors can affect water balance:

After a bath, the body fat reading may be too low and the body water reading too high.

After a meal, readings can be higher.

Women may experience fluctuations due to the menstrual cycle.

Due to loss of water caused by illness or after physical activity (sport). After taking exercise, wait for 6 to 8 hours before carrying out the next measurement.

Varying or implausible results can occur in the case of:

Persons with a high temperature, symptoms of oedema or osteoporosis.

Persons undergoing dialysis treatment.

Persons taking cardiovascular medicine.

Pregnant women.

If the analysis is performed while wearing wet socks.

Technical Specifications

Load capacity x graduation = max. 150 kg x 100 g
Display resolution:
Body fat content: 0.1%
Body water content: 0.1%
Muscle mass: 0.1%
Energy consumption: 1 kcal
Body height: 100-250 cm
Age: 10-99 years
8 memory slots for individual persons
Large LCD screen
Batteries requirements: 4 x 1.5 V AA
Batteries included.

Disposal of Old Electrical and Electronic Equipment

This symbol on the product or on its packaging indicates that this product shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. For more detailed information about recycling contact your local city office, your household waste disposal service or the shop where you purchased the product.

Messages

1. Batteries spent.
   Insert new battery.

2. Overload: From 150 kg.

3. Implausible analysis result – check individual programming.

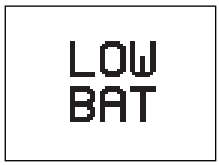
4. Bad foot-contact:
   Clean scale or feet or check for sufficient skin moisture.If skin is too dry – moisten feet or carry out measurement after taking a bath or shower.

Disposal of Spent Batteries

Batteries must not be disposed of as normal household waste. Note that you are legally obliged to dispose of used batteries in a correct way. You canreturn spent batteries either to public collection points in your town or to any outlet selling batteries of the same kind.

Pb = Battery contains lead
Cd = Battery contains cadmium
Hg = Battery contains mercury

1.



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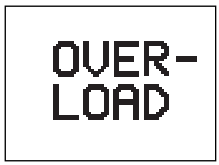

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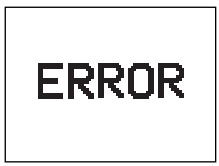

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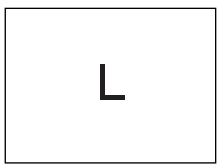

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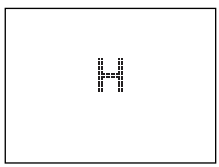

If you have questions or comments, the following points of contact are available:

Consumer service

Ph: (08 00) 5 34 34 34

Monday to Thursday

09:00 to 12:15 and
13:00 to 16.00.

Friday

from 09:00 to 12:15
and 13:00 to 15:00.

Compliance Declaration

CE Soehnle hereby declares that the Body Balance device complies with the basic requirements and the other relevant terms of Directive 2004/108/EC.

This device is screened in accordance with the applicable EC Directive 2004/108/EC.
Note: the display value may be affected by extreme electromagnetic influences, e.g. when a radio is operated in the immediate vicinity of the device.
The product can be used for its intended purpose again when the interference disappears (a reset may be required)

Warranty

SOEHNLE guarantees that all defects due to materials or manufacturing faults will be remedied by replacement or repair, free of charge, for a period of 3 years from the date of purchase. Please keep your purchase receipt and the guarantee card in a safe place.
If you have any complaints, please return the scale to your dealer with the guarantee card and receipt.

GARANTEE CARD

If you have any complaints, please return the scale to your dealer with the guarantee card and your receipt.

Sender _____

_____

_____

Reason for complaint _____

_____

_____

_____